

April 26, 2010

To Whom It May Concern,

My husband, Salil, and I are writing this letter to strongly recommend Practical Fitness & Wellness (“PF&W”). PF&W manages the fitness facility at our former building, the Copley Condominium (2000 Broadway), and provides its services to our current building at 200 West End Avenue. We were residents at the Copley for three years and, despite being busy professionals, enjoyed all the amenities that PF&W had to offer. We were avid users of the gym and pool, and regularly attended on site weekly yoga classes. Since moving out of the Copley, we have continued to use the services of PF&W, mainly personal training and massage therapy, at our new residence for the past two years.

We have been extremely pleased with the level of customer service and professionalism that the PF&W staff has provided us for the last five years. The company’s trainers, instructors, and therapists are very knowledgeable, friendly and focused on ensuring that the client receives top-notch treatment. The president of the company even contacts us frequently to ensure our satisfaction and we can safely say that PF&W is one of the best investments we have made!

Importantly, the staff at PF&W recognizes that they are working for the residents of the building and strive to ensure that each and every resident is pleased – we have made recommendations to friends who share the same view. We highly recommend PF&W to any building and would expect it to enhance the building’s image, keep residents happy (and hopefully fit) and perhaps even increase the property’s value!

If we can be of any further assistance please feel free to contact us, we can be reached at home in the evenings at 646-755-8049.

Sincerely,

Jennifer and Salil Seshadri